

SAFETY AND COMFORT GUIDE

WARNING

Continuous use of a keyboard may cause Repetitive Stress Injuries or related injuries. Please read the important information on this sheet to reduce your risk of injury. If you experience any aching, numbing, or tingling in your arms, wrists, or hands, you should promptly consult a qualified health professional.

Some studies have suggested that long periods of typing, improper work environment, incorrect work habits and/or problems in your personal health may be linked to injuries. These injuries include carpal tunnel syndrome, tendinitis, and tenosynovitis.

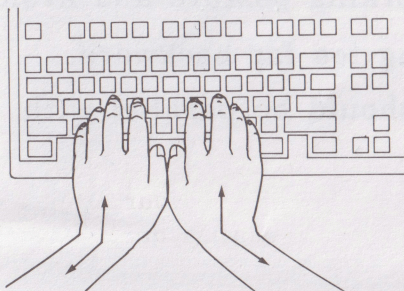
Comfort Guidelines

The following guidelines may reduce straining your arms, wrists, and hands when typing. Please also review illustrations in this section for correct and incorrect positioning of arms, wrists, and hands.

Guidelines for Keyboarding:

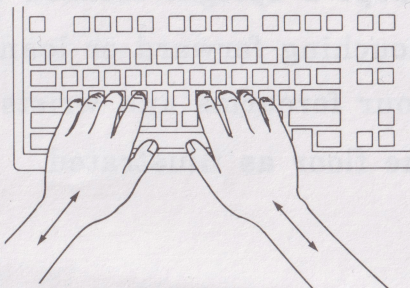
- ◆ Position your elbows near your body in a relaxed posture.
- ◆ Keep your thumbs and fingers in a relaxed, natural position. Maintain a straight wrist position.
- ◆ Avoid resting your hands on the table or palm rest while you are typing.
- ◆ Avoid bending, arching, or angling your wrists. Use light touch when pressing the keyboard keys.

INCORRECT



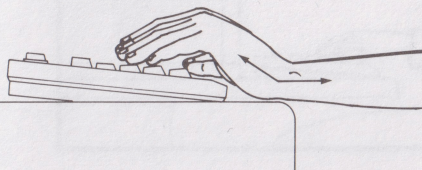
Wrists Angled

CORRECT



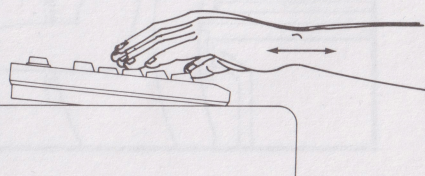
Wrists Straight

INCORRECT



Wrists Arched

CORRECT



Wrists Leveled

Posture

Adopt a upright relaxed working posture and avoid slouching forward or leaning too far backward. Your forearms and wrists should be parallel with the floor as illustrated.

